

TENANT FOCUS

VOLUME 4, ISSUE 1

JANUARY—MARCH 10

SHRA MAIN OFFICE MOVES

SHRA closed its main office on December 8, 2009 and reopened on January 4, 2010 in a newly revamped building.

The office is at:

SHRA
801 12th Street
Sacramento, CA 95814

A resident went to see the office and says it is so roomy and conveniently located right off the light rail.

The building looks very modern and fits into the neighborhood.

The office is opened Monday through Friday from 8:00 am. to 5:00 pm.

The Housing Commission will meet in this building beginning in February on the 1st and 3rd Wednesdays at 6:00 pm.

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CALENDAR OF EVENTS

SRAB Executive Committee meets on the 1st and 3rd Wednesdays of each month at 12:01 pm. We meet at 1725 K Street, #101.

The SHRA Commission meets on the first and third Wednesdays of each month at 6:00 pm.

They will meet at 801 12 Street.

The Midtown Manor grocery bus goes to Wal-Mart. Next trips: Jan. 4, Feb. 5, and March 5.

The Buena Vista grocery bus goes to Winco. Next trips: Jan. 5, Feb. 4, and March 4.

The Marina Vista / Alder Grove grocery bus goes to Wal-Mart. Next trips: Feb. 8, and March 8.

The spring Health Fair will be held April 23, 2010 at 1525 K Street

NOTICE: SRAB QUARTERLY MEETING

The SRAB Quarterly meeting is scheduled for 1:30 pm Thursday
January 21, 2010
at the Comstock Apartments
Community Room
1725 K Street
Sacramento, CA 95811

Is Water Conservation all Wet?

BY ANGIE CANTRILL, TWIN RIVERS SITE MANAGER



When I was in my teens in the 70's, I first heard the term water conservation. I didn't really understand what it had to do with me in particular, but it seemed kind of cool to be part of a 'movement' of any kind, so I started looking into what water conservation was. In a nutshell, what water conservation means is to stop using so much water. It sounds easy, right? In a way it is, but you have to re-define your lifetime water habits, which for some can be very difficult to change.

Most of us who were born in the United States have never had to think about clean drinking water coming out of our taps, having a nice warm bath in the winter, or a cool shower in the summer. We take water for granted as a resource that will always be there for us to use. Unfortunately, these thoughts would be misguided. We have had several years of drought in California, and each year brings us nearer to a real water crisis. If we keep thinking that we can use as much water as we want without any consequences, we are in for a real surprise when water rationing, metering, and large fines for overuse, become a reality.

So, how can we mend our evil water wasting ways? The first step is to think before you use water. There are so many ways to conserve water that take little thought after you learn your new water ways. For example, I keep a bucket in my shower to catch the clean water that runs while the

water heats up. I use that to water my plants, rinse down my porch, or mop my floor. My friends laughed at me for the bucket until I showed them my water bill. You see, I have metered water where I live, and I pay for what I use. My next door neighbor pays \$50 to \$60 per month. The neighbor across the street uses about \$20-30. My last bill was \$1.56, which was the minimum charge. Now who's laughing?

Now you're asking yourself why this impacts you, as you don't pay for water. Indirectly you do pay for water in other ways. The Housing Authority has to pay the water bills for your usage, and if you are not concerned about conserving water, our bills will double, triple, or maybe more. Since we don't have an unlimited budget, we may not be able to do complex or home improvements, upgrades to your unit or complex, or even offer some services that we have been able to in the past. So, in the long run by saving water everybody wins.

I can't expect you all to become perfect water conservationist overnight, but I can give you some tools to start you on your journey. Below are some ways to conserve water. By helping conserve water I can't promise you that you will get cuter, smarter or skinnier, but I can promise you that you will be helping our City, State, Country and planet as well as our Housing Authority, and yourselves.



- ◆ Save 20-25 gallons of water per day by watering three times a week and only watering before 10am or after 6pm. Never water without using a sprinkler head.
- ◆ Don't wash your car without using an auto shutoff nozzle. This saves 8-10 gallons per minute.
- ◆ Keep a bucket in your shower. Fill the bucket with water that is wasted while your shower runs while you are waiting for it to get hot. Use this to water your flowers or plants. This saves you more than 50 gallons per month.
- ◆ Take a 5 minute shower instead of a bath. The five minute shower uses 12-25 gallons of water; a bath uses 70 gallons.
- ◆ Install low-flow shower heads and save 2 ½ gallons per minute. (many communities have these free of charge)
- ◆ Put a filled 1 liter bottle of water in your toilet tank, or use a toilet float to save water.
- ◆ Turn off the faucet while you are brushing your teeth and save 25 gallons per month.
- ◆ Turn off the faucet while you shave and save up to 300 gallons per month.
- ◆ Look for leaks and don't let a drippy faucet go and save up to 300 gallons per month. Call your management office to have maintenance come out and get these repaired immediately.
- ◆ Don't let the water run when you are doing dishes. If you have dual sinks, fill one side up with soapy water, and the other side up with clean water for rinsing. If you only have one sink, wash all the dishes with a sink of soapy water, then drain the soapy water and fill the sink up with clean water for rinsing.
- ◆ Only do laundry when you have a full load. Use cold water only on dark colors.



Let's make 2010 a year of new water habits for all! If you have any questions regarding water conservation or where you can get low-flow heads, toilet floats, or other water saving devices for free, please contact your local management office or call me at (916) 264-1671, and you can visit <http://www.cityofsacramento.org> on the internet.

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SACRAMENTO RESIDENT ADVISORY BOARD
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CINNAMON PULL-APART BREAD BY ANGIE CANTRILL

3/4 cup granulated sugar

1 tbsp ground cinnamon

2 cans (7.5 oz each) refrigerated buttermilk biscuits

1/2 cup butter or margarine, melted, divided

1. Preheat oven to 350. Cut biscuit dough into quarters with scissors.

2. Mix sugar and cinnamon in medium bowl. Roll dough quarters in cinnamon sugar.

3. Place half of biscuits into greased 12-cup fluted tube pan (bundt pan). Drizzle with 1/4 cup of the melted butter. Top with remaining biscuit quarters and melted butter.

4. Top unbaked loaf with remaining cinnamon sugar mixture in bowl. Bake 40-45 minutes or until golden. Meanwhile prepare the glaze. Let loaf stand 5 minutes, then invert to plate.

Glaze - beat 4 oz. (half 8 oz pkg) Philadelphia cream cheese, softened, and 1/2 cup powdered sugar in bowl with electric mixer until well blended. Add 1 to 2 tbsp. milk, beating until desired consistency is reached. Spoon over warm loaf.

12 servings